

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN KEPERAWATAN
PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
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**PENGARUH TERAPI MUSIK KLASIK MOZART TERHADAP
PENURUNAN TEKANAN DARAH DAN FREKUENSI DENYUT
JANTUNG PASIEN PRE OPERASI DENGAN LITERATURE REVIEW**

xix+ 67 halaman+7 tabel+1 gambar+4 lampiran

ABSTRAK

Berdasarkan data Rikesdas (2018), presentasi prevalensi hipertensi berdasarkan hasil pengukuran penduduk Indonesia umur ≥ 18 tahun didapatkan hasil pada tahun 2013 sebanyak 31,7 % dan tahun 2018 sebanyak 34,1%. Terdapat sebanyak 87,9% pasien pre operasi mengalami hipertensi yang mengakibatkan *long of stay* pasien post operatif diatas usia 65 tahun meningkat sebanyak 30 –50%. Penelitian *literature review* ini bertujuan untuk mereview bagaimana musik dapat mempengaruhi penurunan tekanan darah dan frekuensi denyut jantung.

Jenis penelitian yaitu penelitian kualitatif dengan pendekatan studi kepustakaan. Desain penelitian menggunakan *Systematic Literature Review (SLR)* dengan sampel penelitian 10 jurnal dan analisa menggunakan metode *PICO (Problem, Intervention, Comparison, Outcome)* dari pencarian artikel menggunakan *electronic database* yaitu melalui Google Scholar, Google Cendekia. Dari 10 jurnal yang didapatkan 2 diantaranya menggunakan penelitian deskriptif dan 8 jurnal lainnya menggunakan penelitian kualitatif. Waktu penelitian pada tanggal 16 April 2020-2 Mei 2020.

Dari jurnal yang didapatkan menggunakan musik klasik *mozart*, The Four Seasons karya *Vivaldi*, Sonata In D Mayor For Two Pianos, dan Piano Canon In D karya *Pachelbels*. Penelitian beberapa jurnal menggunakan durasi waktu 5 menit, 15 menit, dan 30 menit serta pemberian intervensi selama 1 hari dan 2 hari. Faktor tidak terjadinya penurunan tekanan darah dan denyut jantung yaitu musik klasik tidak disukai, pemberian intervensi hanya 1 kali, diagnosa berbeda, usia, dan jenis kelamin. Peneliti memberikan saran bagi keperawatan, pendidikan dan peneliti lainnya untuk melakukan penelitian durasi lagu yaitu minimal 15 menit dan pemberian intervensi selama 2 hari.

Kata Kunci: Tekanan Darah, Denyut Jantung, Terapi Musik Klasik Mozart

Bahan Pustaka : 34 (2007-2019)

**POLYTECHNIC OF HEALTH TANJUNGPUR
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THE EFFECT OF MOZART CLASSICAL MUSIC THERAPY ON BLOOD PRESSURE REDUCTION AND HEART FREQUENCY OF PRE OPERATING PATIENTS WITH LITERATURE REVIEW

xix+ 67 pages+7 tables+1 picture+4 attachment

ABSTRACT

Based on Rikesdas (2018), the hypertension presentation based on measuring Indonesia's average population of 18 years was obtained in 2013 by 31.7 % and by 2018, by 34.1 percent. There are 87.9% of pre surgery's hypertensive patients resulting in the long of stay post operative over the age of 65 increasing by 30-50%. The study of the literature review is intended to review how music can affect drop in blood pressure and frequency of heart rate.

This type of research is qualitative research with a literature study approach. The research design uses Systematic Literature Review (SLR) with 10 journal research samples and analysis using the PICO (Problem, Intervention, Comparison, Outcome) method of searching articles using electronic databases through Google Scholar, Google Scholar. From 10 journals obtained 2 of them used descriptive research and 8 other journals used qualitative research. Research time on April 16, 2020-2, May 2020.

From journals obtained using mozart classical music, Vivaldi's The Four Seasons, Sonata In D Mayor For Two Pianos, and Pachelbels's Canon In D Piano. The research of several journals used 5 minutes, 15 minutes, and 30 minutes duration and the intervention for 1 day and 2 days. The factor that does not decrease blood pressure and heart rate is that classical music is not liked, giving only one intervention, different diagnosis, age, and gender. Researchers provide advice for nursing, education and other researchers to research the duration of the song that is at least 15 minutes and providing intervention for 2 days

Keywords: Blood Pressure, Heart Rate, Mozart's Classical Music Therapy

Library Material: 34 (2007-2019)